**Frank's Barbell Club**

**2024 New Years Eve Record Breaker Day**

Frank's Barbell Club, East Walpole, Massachusetts

December 31, 2024

Meet Director: Frank Ciavattone

Meet Announcer/Score Keeper: Frank Ciavattone

Officials (3 official system used)

Frank Ciavattone, Wade Marchand, Nils Larson, Mark Raymond

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| --- | --- | --- | --- | --- | --- |
| Lifter | Age | Weight | Gender | Weight Class | Division |
| Jessica Hopps | 40 | 206 LBS | F | 95K | 40+ Master |
| Dan Jones | 40 | 193 LBS | M | 90K | 40+ Master |
| Wade Marchand | 55 | 165 LBS | M | 75K | 55+ Master |
| Nils Larson | 65 | 251 LBS | M | 115K | 65+ Master |
| Carl Puzin | 68 | 234 LBS | M | 110K | 65+ Master |
| Frank Ciavattone | 69 | 285 LBS | M | 125+K | 65+ Master |

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| LIFTER | LIFT | POUNDS |
| JESSICA HOPPS | BACK SQUAT | 154 LBS |
|  | HIP LIFT | 1120 LBS |
|  | STIFF LEG DEADLIFT | 154 LBS |
|  | 2 HAND DEADLIFT | 220 LBS |
|  | LUNGE SQUAT | 66 LBS |

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| DAN JONES | HIP LIFT | 1815 LBS |
|  | FINGER LIFT- INDEX- RIGHT | 81 LBS |
|  | FINGER LIFT-RING-LEFT | 81 LBS |
|  | FINGER LIFT-RING-RIGHT | 81 LBS |
|  | FINGER LIFT-LITTLE-LEFT | 56 LBS |

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| WADE MARCHAND | ONE HAND FULTON DEADLIFT- LEFT | 99 LBS |
|  | ONE HAND FULTON DEADLIFT- RIGHT | 99 LBS |
|  | FULTON BAR HACKLIFT | 165 LBS |
|  | ONE HAND HACKLIFT- LEFT | 77 LBS |
|  | ONE HAND HACKLIFT- RIGHT | 77 LBS |

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| NILS LARSON | FINGER LIFT-INDEX-RIGHT | 81 LBS |
|  | FINGER LIFT-INDEX-LEFT | 81 LBS |
|  | FINGER LIFT-RING-RIGHT | 81 LBS |
|  | FINGER LIFT-RING-LEFT | 81 LBS |
|  | FINGER LIFT-LITTLE-RIGHT | 56 LBS |

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| CARL PUZIN | LUNGE SQUAT | 57 LBS |
|  | OVERHEAD SQUAT | 57 LBS |
|  | BACK SQUAT | 185 LBS |
|  | GOOD MORNING | 95 LBS |
|  | PULL OVER/PRESS WRESTLERS BRIDGE | 45 LBS |

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| FRANK CIAVATTONE | WEAVER STICK- FRONT-RIGHT | 5.5 LBS |
|  | SIDE PRESS-LEFT | 33 LBS |
|  | SIDE PRESS-RIGHT | 33 LBS |
|  | FRENCH PRESS | 99 LBS |
|  | RECTANGULAR FIX | 99 LBS |